

## AMENDMENTS TO THE CLAIMS

Please add or amend the claims to read as follows, and cancel without prejudice or disclaimer to resubmission in a divisional or continuation application claims indicated as cancelled. A clean copy of the amended claims is attached.

1. (Currently Amended) A method for creating adapted insole for preventing the skin starching of the foot from stretching at the metatarsal heads area, said method comprised of:
  - creating a cast of the a foot in a-plasters;
  - creating a specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot ein the area of the five metatarsal heads of the forefoot; and
  - creating an orthopedic insole from the casting, wherein said insole structure includes the specially designed insert.
2. (Currently Amended) The method of claim 1 wherein the specially designed insert size is between 3 mm and 35 mm in thickness.
3. (Currently Amended) The method of claim 1 wherein insoles are adapted to fit the ~~personal~~-foot structure of an individual person, creating a special cast for each individual.
4. (Currently Amended) The method of claim 1 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes ~~option are~~ available in each ~~show~~ shoe size.
5. (Currently Amended) An adapted insole for preventing the skin ~~starching~~ of the foot from stretching at the metatarsal heads area, wherein said insole structure includes a specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot in the area of the five metatarsal heads of the forefoot.

6. (Currently Amended) The insole of claim ~~3~~5 wherein the specially designed insert size is between 3 mm and 35 mm in thickness.
7. (Currently Amended) The ~~system insole~~ of claim ~~4~~5 wherein insoles are adapted to fit the personal-foot structure of an individual person, creating a special cast for each individual.
8. (Currently Amended) The ~~system insole~~ of claim ~~4~~5 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes ~~option are~~ available in each ~~show~~ shoe size.

I Claim:

1. (Currently Amended) A method for creating adapted insole for preventing the skin starching of the foot from stretching at the metatarsal heads area, said method comprised of:  
creating a cast of the a foot in plaster;  
creating a specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot in the area of the five metatarsal heads of the forefoot; and  
creating an orthopedic insole from the casting, wherein said insole structure includes the specially designed insert.
2. (Currently Amended) The method of claim 1 wherein the specially designed insert size is between 3 mm and 35 mm in thickness.
3. (Currently Amended) The method of claim 1 wherein insoles are adapted to fit the foot structure of an individual person, creating a special cast for each individual.
4. (Currently Amended) The method of claim 1 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes available in each shoe size.
5. (Currently Amended) An adapted insole for preventing the skin of the foot from stretching at the metatarsal heads area, wherein said insole structure includes a specially designed insert, wherein said insert covers the area of the five metatarsal heads of the forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending of the foot in the area of the five metatarsal heads of the forefoot.
6. (Currently Amended) The insole of claim 5 wherein the specially designed insert size is between 3 mm and 35 mm in thickness.
7. (Currently Amended) The insole of claim 5 wherein insoles are adapted to fit the foot structure of an individual person, creating a special cast for each individual.
8. (Currently Amended) The insole of claim 5 wherein insoles are adapted to fit standard shoe sizes, with different insert sizes available in each shoe size.